



Sleep Diary Part 2 – complete throughout and at end of day

Date	If you napped, time you fell asleep	If you napped, time you woke up	Total nap time	Comments on quality of naps	As per scale below (1-7), rate your alertness during the day. (Minimum: note 2 hours after waking, at 2pm and at 8pm)			Overall sleepiness / alertness (1-7)	General comments on how you felt mentally and physically	Food cravings throughout day
					6am 8am 10am	noon 2pm 4pm	6pm 8pm 10pm mdnt			
					6am 8am 10am	noon 2pm 4pm	6pm 8pm 10pm mdnt			
					6am 8am 10am	noon 2pm 4pm	6pm 8pm 10pm mdnt			
					6am 8am 10am	noon 2pm 4pm	6pm 8pm 10pm mdnt			
					6am 8am 10am	noon 2pm 4pm	6pm 8pm 10pm mdnt			
					6am 8am 10am	noon 2pm 4pm	6pm 8pm 10pm mdnt			
					6am 8am 10am	noon 2pm 4pm	6pm 8pm 10pm mdnt			
					6am 8am 10am	noon 2pm 4pm	6pm 8pm 10pm mdnt			

**Stanford Sleepiness scale:**

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| <ol style="list-style-type: none"> <li>1. Feeling active, vital, alert, wide awake</li> <li>2. Functioning at a high level, not at peak</li> <li>3. Relaxed, not full alertness, responsive</li> <li>4. A little foggy, not at peak, let down</li> </ol> | <ol style="list-style-type: none"> <li>5. Tired, losing interest, slowed down</li> <li>6. Sleepiness, prefer to be lying down</li> <li>7. Almost in a reverie, hard to stay awake</li> </ol> |
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